

I AM Navy Medicine

RSS : Posts Comments

NAVY MEDICINE LIVE

THE OFFICIAL BLOG OF U.S. NAVY AND MARINE CORPS HEALTH CARE • 2011 & 2012 WINNER OF BEST NAVY BLOG

HomeAboutDisclaimerNavy Medicine NewsNavy Medicine WebSiteI AM Navy Medicine

Written on SEPTEMBER 20, 2011 AT 9:34 AM by PROSS

# The Importance of Suicide Prevention

Filed under UNCATEGORIZED

[NO COMMENTS]



*By Master Chief Hospital Corpsman Laura Martinez, Force Master Chief and director, U.S. Navy Hospital Corps, Bureau of Medicine and Surgery (BUMED)*

Across all services September is recognized as Suicide Prevention and Awareness Month. While suicide numbers in the military tend to be lower than their civilian counterparts, suicides within all branches have increased. This disconcerting trend has prompted leaders within the Department of Defense to reemphasize the importance of service members, veterans, and their families maintaining proper emotional, physical, and psychological health.

Existing resources are available to enhance local suicide prevention programs and inform service members of programs available to them. The DoD and VA have established a partnership dedicated primarily to providing education, counseling, and treatment in an all-hands effort at suicide prevention; anyone can access this resource by visiting [www.suicideoutreach.org](http://www.suicideoutreach.org).

Above all, as Shipmates, we have a duty to look after one another. It is our moral imperative to seek professional guidance when our loved ones, co-workers, or friends manifest warning signs such as vocalizing an intention to harm their self, exhibiting social withdrawal, or otherwise showing uncharacteristic changes in behavior.

If the situation should arise, we must have the courage to act; ask if they are planning to harm themselves, care for them by actively listening and removing any means for self-injury, and ensuring they are escorted to treatment as soon as possible.

As the Force Master Chief and Director of the Hospital Corps, I am fully aware that many Sailors believe there is a stigma attached to seeking help for both depression and stress. Such thinking, however, could not be further from the truth. In fact, it is a sign of strength to seek help and strength in all areas of fitness is critical for not only personal wellbeing, but for military readiness as well. One of our chief duties, then, is to eliminate the stigma associated with seeking help and to become stewards for those resources available to all of us.

Organizations like Military One Source, Fleet and Family Service Centers, and your local commands offer robust resources toward identifying suicidal behaviors and offering pathways toward treatment. Additionally, the National Suicide Prevention hotline is

## Navy Medicine Video

Navy Medicine is a global healthcare network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

## Navy Medicine Social Media

Follow us on Twitter

Join us on Facebook

Read our publications

View our photo stream

Watch our videos

## Navy Medicine Live Archives

March 2015 (7)
February 2015 (16)
January 2015 (12)
December 2014 (17)

immediately available to service members by dialing 800-273-TALK (8255) and choosing “1”.

As we continue to fight wars on multiple fronts, deal with the uncertainty of frequent deployments, and the challenges of reintegration with our families, there has never been a time more critical for re-familiarizing ourselves with the tenets of suicide prevention. Even one suicide is one too many, it is our duty and sacred obligation to look after one another at home and abroad.

Our chosen occupation has inherent stressors that are not commonplace in the civilian sector and we must be increasingly vigilant in identifying those Sailors manifesting a desire to do self-harm and seeking treatment before the desire is acted out. Please take care of yourselves and each other.

Content originally appeared on the DoDLive Blog:  
<http://www.dodlive.mil/index.php/2011/09/medical-monday-the-importance-of-suicide-prevention/>

← Next post

Previous post →

*pross tagged this post with: [BUMED](#), [corpsman](#), [DoD](#), [FORCE](#), [health](#), [medical](#), [mental health](#), [military](#), [Navy](#), [Navy Bureau of Medicine and Surgery](#), [Navy Medicine](#), [Post Traumatic Stress Disorder](#), [psychological health](#), [PTSD](#), [sailors](#), [suicide](#), [suicide prevention](#), [Suicide Prevention and Awareness Month](#), [U.S. Navy](#), [wellness](#)*

Read 93 articles by

[pross](#)

November 2014 (11)
October 2014 (15)
September 2014 (20)
August 2014 (14)
July 2014 (13)
June 2014 (8)
May 2014 (11)
April 2014 (9)
March 2014 (14)
February 2014 (7)
January 2014 (7)
December 2013 (7)
November 2013 (12)
October 2013 (7)
September 2013 (14)
August 2013 (13)
July 2013 (11)
June 2013 (22)
May 2013 (15)
April 2013 (14)
March 2013 (14)
February 2013 (14)
January 2013 (12)
December 2012 (11)
November 2012 (11)
October 2012 (7)
September 2012 (9)
August 2012 (12)
July 2012 (13)
June 2012 (17)
May 2012 (22)
April 2012 (14)
March 2012 (13)
February 2012 (14)
January 2012 (13)
December 2011 (13)
November 2011 (20)
October 2011 (22)
September 2011 (12)